



# The Tribune Institute

## At Your Service



Devices That Will Prove  
a Real Help to the  
Housewife

The Filtrala Coffee Percolator.  
Made by the Crystal Percolator Co.,  
Inc., 44-60 East Twenty-third  
Street, New York City.

THE test of the good cook is a perfect cup of coffee. Every woman thinks she can make it, but the coffee connoisseur alone knows how seldom it is found.

There are three recognized methods of making coffee—filtration, percolation, and the good old-fashioned coffee-pot method. The ideal way to make coffee is to grind it very fine, put it in a linen cloth or something through which it can filter and pour boiling water over it. This gives a minimum of tannin, which is one of the undesirable ingredients in coffee. The amount of it extracted depends upon the length of time the water and coffee are in contact. Whether the actual cooking is continued or not, the extracting of tannin goes on just as long as the water and coffee are in contact. Repeated filtration will give increased tannin.

So far as the caffeine is concerned, there seems to be very little difference between the filtered and the percolated coffee. It is largely a question of aroma, and for that reason percolation or filtration has to a great extent replaced the coffee-pot method, which is desirable only in the hands of a skilled cook.

The two methods differ very little in result, for in percolation the boiling hot water bubbles up through the tube, where it is sprinkled over the coffee and allowed to filter back through the perforated container. In filtration boiling hot water is, as a rule, poured over pulverized coffee and then allowed to pass through the filter.

Both these methods are combined in the Filtrala, for the water is poured into the glass bowl below and the pulverized coffee is placed in the glass funnel above, which contains a cloth-covered porcelain strainer. Both bowl and filter are fireproof and are fastened to the nickel-plated standard, which has an alcohol wick lamp in the base.

The water that fills the bowl may be either hot or cold; the only difference it makes is the longer or shorter time

that is required to heat this water to boiling when placed over the alcohol lamp. When the water boils it is drawn up into the funnel, where it extracts the caffeine and essential oils from the pulverized coffee. When the lower bowl is emptied the arm supporting it is swung away from the lamp on a pivot. Instantly the coffee filters back into the bowl.

One filtering makes it sufficiently strong for the average coffee drinker, but all that is needed to make it twice as strong is to swing the machine over the lamp again and send the decoction through the filter a second time.

The process when boiling water is used takes about three minutes. When it is finished the funnel is lifted off the bowl and turned upside down upon the lid of the machine, which serves as a stand. The bowl with its supporting arm is removed from the standard and used as a coffee pot.

This coffee machine comes in three sizes: four, six and eight cups. One great advantage is that the smaller machine can be used for quite a large family, because a fresh supply of coffee is so quickly and easily made at table before any one is ready for the second cup. Price \$5 to \$10.

Enterprise Rapid Grinding and Pulverizing Mill No. 0.

Made by the Enterprise Mfg. Co., Philadelphia and New York.

The true coffee epicure always buys coffee in the bean. It loses its strength and flavor as soon as it is exposed to the air after being ground. Therefore its use is wasteful, compared to the use of coffee that is ground as needed.

The Enterprise Rapid Grinding and Pulverizing Machine is suitable for family use and is convenient in that it can be clamped to the table. The coffee beans are placed in the hopper on top; when the crank handle is turned they are ground and discharged out the side chute. Tightening or loosening a thumb screw regulates the degree of fineness.

It is almost always well to grind coffee just as finely as can satisfactorily be used in the coffee-making

## TESTED AIDS FOR THE HOUSEHOLD

Look on the Last Page of Part II of the Graphic Section for Detailed Illustrations of Utensils



Two Reasons for Serene Amiability: The Lady Elgin Oven Cools Down the Gas Bill and the Watrous Hot Pan Lifter Saves the Fingers.

machine. The finer it is, the quicker and more thoroughly is the extraction made.

This mill is constructed of metal, black finish and will readily produce coarse ground coffee equally as well as fine. Price \$15.00.

A-Best-O Automatic Electric Iron.  
Made by the Dover Manufacturing Company, Canal Dover, Ohio.

Only a few days ago an Ohio house was set on fire because an electric iron was unwittingly left "on" overnight and grew hotter and hotter until the ironing board was in a blaze.

With the A-Best-O Automatic Electric Iron such a catastrophe would not have been possible, as the current is automatically turned off when the set

temperature is reached, and it can never rise above 600 degrees Fahrenheit. There is no danger of fire, if one forgets. This iron is almost human, having a thermostat or brain that actually has self-control. By turning the regulating key at the back of the iron the temperature may be either increased or diminished, and as soon as it reaches the temperature desired, the current is automatically turned off and goes "on" again only when the temperature drops. Thus it is possible to have a very hot iron for the heavy pieces or a much cooler iron for light, dainty goods. Also if the housewife or laundress is hurriedly called away or is obliged to drop the ironing for a time, it will not overheat, but simply keep on indefinitely at the temperature set.

This iron is very well constructed, having the heating element embedded in the base and being equipped with six feet of flexible connection cord with lamp socket attachment. It weighs seven and one-half pounds and is ready for ironing seven minutes after the current is turned "on." This iron retains its heat well, is safe, dependable,

each article will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely.

Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturer and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction, so as to give satisfactory service and relieve the drudgery of housework.



An Iron That Neither Scorchers Nor Cools, a Board That Does Not Wobble, and a Fan That Keeps Breezes Stirring.

economical, labor and time saving. With the current "on" all of the time it will cost at a 10-cent per kilowatt hour rate about six cents an hour to operate. Price, \$6.50.

Lady Elgin Oven.  
Made by the Kimball-Dietrich Hardware Company, Elgin, Ill.

When one has to toss together a hasty batch of biscuits or a pan of popovers for "company unexpected," the Lady Elgin Oven comes like a blessing and a boon. It is a portable gas oven for use on only one burner and therefore consumes less than half the quantity of gas that the regular oven does, heating up in a fraction of the time required in the built-in oven of the range. The Lady Elgin Oven is

constructed of polished blued steel and lined with bright tin, insulated with asbestos. A special deflector so distributes the heat that the oven is uniformly heated and maintained on a "turned down" burner. It is equipped with two wire racks that can be placed in two positions and provided with a glass or metal door as desired. The glass is preferable, as it permits the progress of the cooking to be observed without opening the door, thereby confining the heat. It weighs 8 1/2 pounds, and the handle on top is convenient for lifting and carrying it. Price, with metal door, \$2; with glass door, \$2.50.

Robbins & Myers Standard Fan, Model No. 24.  
Made by the Robbins & Myers Co., New York and Springfield, Ohio.

Even the dog days lose their terror for the housekeeper if she is sufficiently wise to economize her strength and nerve force by keeping cool. To do this, an electric fan which can be transferred to different parts of the house wherever there is a socket with which to connect it, and so trained to follow its mistress about like a faithful dog, is the greatest little lifesaver known to woman. Whether cooking, canning or ironing, the worker may, if she will, stand within easy reach of a fresh current of air.

The Robbins & Myers Standard Fan, Model 24, is an alternating current oscillating type, equipped with ten feet of flexible connection cord, with lamp socket attachment. It is twelve-inch size, with pressed steel base and six brass blades. The bottom of the base is protected with felt, while the weight is so centered that the fan cannot be accidentally knocked over. There are three speeds, controlled by a sliding switch, and its operation on all three is noiseless. This fan is finished in baked black enamel, and the breeze is distributed over an arc of either 45 or 90 degrees. By the removal of the

The Kind of Efficiency  
That Really Saves  
Labor

crank pin it can be made stationary. The design permits its use on desk or table, or fastened onto the wall. Its weight is nineteen pounds. Price, \$12.50.

Perfection Ironing Board.  
Made by the Illinois Specialty Company, Tuscola, Ill.

The flat keeper whose one idea is to conserve space will welcome the Perfection Ironing Board with open arms. It folds like a jack knife, and—most unusual combination—it stands solidly when set up, even under energetic thumps of the iron.

Its one fault as an all-around ironing board is that it is fastened to its base, so that a skirt cannot be slipped over and ironed at full length. There are thirty-two inches of unobstructed surface in the five-foot top, and, according to the manufacturers, that is ample for any skirt. Of course, any woman who knows better, because the one unthinkable thing is to wrinkle a crisply starched, smoothly ironed skirt. But if skirts can be otherwise provided for, the ironing board is a treasure. The board is five feet long, fifteen inches wide and made of strips of basswood, dovetailed and glued, and mounted on four solidly built legs braced with cross pieces. It opens and folds easily, weighs eighteen pounds and occupies a very narrow space. Set of all, when it is up it does not wobble from side to side or creep across the floor. Price \$2.

Watrous Steel Hot Pan Lifter, No. 6.  
Made by the Watrous-Acme Manufacturing Co., Des Moines, Iowa.

Every woman who fusses around the stove knows just how maddening it is to try to take out a hot dish from the oven with either a towel or a slippery lifter. The towel always presents an obstacle between the hottest part of the pan and a luckless thumb that gets burned oftener than any thumb caught by a towel. A Watrous-Acme lifter, however, is a perfectly good cast-iron, well risen, and rich, has gone down to ruin because of an unreliable lifter.

The Watrous Steel Hot Pan Lifter No. 6 is a blessing that does not even make an attempt at disguise. It is made of steel, tinned, and is designed and used like a pair of pliers. It takes a sure grip on anything that is presented to it, be it a round or square, large or small, pot or pan of tin, enamel, glass or stone ware. All it asks is that the dish which it is expected to lift shall have either a wire or bevel edge that it can sink its teeth into. It is a simple, sturdy, and reliable lifter, and will save more burned fingers and vigorous remarks than any other small household contrivance that has come within our observation. It costs only 25 cents.

## Our Tested and Endorsed Recipes

These Contributed Recipes Have All Been Tested and Approved by the Cooking Expert of The Tribune Institute. We Pay the Contributors \$1 for Each Recipe That Is Printed.

### Mexican Sandwiches.

Grind through chopper one-half pound soft, yellow cheese and one small can pimientos (Mexican chili peppers). Spread on soft sandwich bread which has been lightly buttered. Cut in triangles or fingers.—Mrs. A. L. S., New York.

### Fried String Beans.

When my family gets tired of creamed string beans I find it likes them cooked in this way: Boil them until done in salted water, drain and fry a light brown with small pieces of bacon.—Mrs. L. C., New York.

### A New Way to Cook Prunes.

Try this way to cook prunes. Wash and put in agateware pail. Cover with cold water. Sugar or not, as desired. Put the lid on tight. Place in the oven of a coal, gas or oil range and cook until they swell and are tender. Drain off the juice, replace the lid and put away to cool. You will be surprised at the difference from the usual way of cooking prunes. The juice may be cooled and makes a delicious drink.—Mrs. H. H. B., New York.

### French Tomatoes.

Peel, put in a dish with a little salt, pepper and butter over them. Grease a dish and put a layer of bread crumbs, one of tomatoes and so on until the dish is full, the top to be crumbs. Bake three-quarters of an hour or longer, according to the size of your dish.—Mrs. H. H. B., New York.

### Chili Sauce for All Seasons.

To one can of tomatoes add two green peppers and two to four small onions, which have been put through the chopper. Cook half an hour, add salt, spices, vinegar and sugar to taste and simmer for fifteen minutes longer. Seal and use as a delicious relish for beans, cold meats, etc.—Mrs. A. L. S., New York.



Making the Perfect Cup of Coffee at Table with the Filtrala Percolator. A New Supply Can Be Made for Each "Round."

WITH summer and warm weather really here the wise caterer begins to look over and study her list of "cold delicacies," realizing that something which looks cooling and tempting will nearly always appeal to the appetite.

Cold bouillon is not very popular, yet on a sultry day the idea of hot soup is repellent. Fortunately, either chicken, clear beef or tomato jelly, deliciously iced, will nearly always be relished, especially if accompanied by crisp, slightly salted crackers. Any of these jellies may be prepared easily and quickly from the bouillon cubes or reliable meat extracts dissolved in hot water) as the basis, with a high seasoning of onion juice, celery salt and paprika and sufficient gelatine softened in cold water to harden them.

Desserts during the summer months should rarely take the form of a hot pudding, although some of the fruit puddings are an exception to this rule. Various gelatine preparations, fruit served in an infinite variety of ways, chilled custards and a wide range of frozen delicacies should be given preference. Thin sweet wafers and deli-

cate sandwiches made from nut and raisin bread may almost entirely take the place of cake during the sultry days of midsummer.

In the arrangement of the meals for the coming week, the beef à la mode is the only large piece of meat purchased; this is best prepared in the fireless cooker; for in using the less expensive cuts of meat the fact must not be lost sight of that when gas is used as fuel its cost for long, slow cooking must be added to that of the meat. This same beef is served cold for Thursday's dinner (when possibly the maid is absent from home) and the remnants converted into a tasty browned hash with green peppers for Friday's luncheon.

Purchase, for Tuesday, a whole bluefish, weighing not more than four pounds, and be sure that it fits easily on your "plank," allowing for a border of potato roses around the edge; these are easily made from creamy, mashed potatoes, piped through a pastry tube or funnel of stiff brown paper. Brush over lightly with melted butter and run under the broiler after the fish is cooked until delicately browned. About two and a half or three pounds of cold steaks should be allowed for dinner on Friday. Wipe the steaks with a

damp cloth on their arrival from market, and, after drying thoroughly, rub over with a cut lemon and place in the icebox until ready to fry them; this greatly improves the flavor of the steaks.

Both breakfast and luncheon and supper on Sunday have been planned as very simple meals, and if the ice cream and salad are in readiness in the early morning the cooking of the chicken and vegetables need not consume more than half an hour of the cook's valuable time.

### Tested Recipes.

#### Raspberry Jam Pudding.

Put three tablespoonsful of instant gelatine into a saucepan and add one and a half cupsful of water, two tablespoonsful of raspberry jam, one cupful of sugar, two tablespoonsful of a lemon and the grated yellow rind of half the fruit. Heat the ingredients gradually and stir until the gelatine and sugar are dissolved. Remove from the fire, allow it to cool and, as it begins to thicken, beat with an egg beater. Fold in two cupsful of whipped cream, beat again and pour into an ornamental mould that has been rinsed

## MEALS ALL PLANNED FOR THE COMING WEEK

All recipes have been tested by the writer,  
VIRGINIA CARTER LEE  
Culinary Expert of The Tribune Institute.

These menus are arranged with particular care as to the correct food values, a due measure of economy and the introduction of novel and tempting dishes not found in the average cook book.

with cold water. Chill on the ice and serve unmoulded. If this dessert is thought too expensive for luncheon it may be modified by adding the stiffly whipped whites of three eggs instead of the cream.

### Macaroni Timbales.

Blend into one tablespoonful and a half of melted butter two tablespoonsful of flour; then add gradually one cupful of very rich milk, and cook in the upper part of the double boiler until well thickened. Add five tablespoonsful of grated Parmesan cheese and one small cupful of boiled macaroni, broken into short lengths. Remove from the fire as soon as the cheese is dissolved, and season to taste with salt and paprika. When cold, stir in three well beaten eggs and turn into buttered timbale moulds. Set in a pan of hot water and bake in a moderately hot oven until set. Serve unmoulded.

### Ginger Blanc-Mange.

For one pint of milk allow two tablespoonsful (a little more than even) of cornstarch. Put the milk in the upper part of a double boiler, reserving enough to moisten the cornstarch to a paste, and when the milk is heated stir in the cornstarch with

a pinch of salt and cook, stirring constantly, until thick and smooth. Have in readiness one egg beaten with one tablespoonful of sugar; add this to the mixture and cook for a moment or two longer. Remove from the fire; flavor with the juice of half a lemon and stir in half a cupful of chopped preserved ginger. Mix well; pour into cups and set in the ice-box to chill. Serve unmoulded with a custard sauce made from the egg yolks.

### Fish Cutlets.

Chop the remnants of the cold fish as finely as possible, season lightly with pepper and salt and add just sufficient cream sauce to moisten slightly. The mixture should be quite thick. Heat in the upper part of the double boiler and for each cupful and a half of the fish and sauce allow one beaten egg yolk. Cook only for a moment after the egg is added; then remove from the fire, add two tablespoonsful of chopped parsley and turn out on a platter to cool. When cold, form into small cutlets, roll in bread crumbs, dip in egg again in bread crumbs and by means of a frying basket cook in deep hot fat to a rich brown. Drain for a moment on brown paper and

serve, garnished with cream and lemon points.

### Iced Turkish Coffee.

This combines a refreshing beverage and dessert as well. Fill tall chilled glasses half full of very strong, clear coffee. Add two tablespoonsful of thick sugar syrup, three tablespoonsful of thick cream and mix well. Place on the ice and when ready to serve add two balls of vanilla ice cream and fill up the glass with iced carbonated water. Serve with long-handled lemonade spoons, so that the cream may be eaten.

### Junket Ice Cream.

A dessert of this character is particularly recommended for children, as it is very easily digested. Heat one cupful each of milk and cream until lukewarm, with five tablespoonsful of sugar. When the sugar is dissolved, mix in vanilla extract to taste, and use two-thirds of a junket tablet, crushed and dissolved in four tablespoonsful of cold water. Stir briskly and allow it to stand in a warm room until firm; then beat thoroughly, turn into a small chilled freezer and freeze as for ordinary ice cream. Serve with any crushed fruit sauce.

### Monday.

#### BREAKFAST.

Stewed Plums  
Fricassee of Chipped Beef  
Fried Cornmeal Mush  
Maple Syrup Coffee

#### LUNCHEON.

Cream of Tomato Soup  
Crisp Potatoes  
Raspberries  
Raspberry Jam Gelatine.

#### DINNER.

Jellied Bouillon  
Individual Beefsteak Pies  
(from left over and tough end of the steak)  
Buttered Carrots  
Boiled Potatoes  
Chilled Fruit Puree.

### Tuesday.

#### BREAKFAST.

Cherries  
Steamed Cereal  
Parsley Omelet  
Raisin Bread Toast Coffee

#### LUNCHEON.

Macaroni Timbales  
Lettuce Sandwiches  
Sugared Cookies Fruit

#### DINNER.

Planked Bluefish with Potato Border  
Baked Tomatoes  
Green Corn  
Sliced Cucumbers  
Ginger Blanc Mange.

### Wednesday.

#### BREAKFAST.

Halved Cantaloupes  
Moulded Cereal  
Kidney Mince on Toast  
Raised Rusk Coffee

#### LUNCHEON.

Fish Cutlets  
(from left over fish)  
Pickled Onions  
Sandwiches  
Coffee Junket

#### DINNER.

Devilled Cheese Canapés  
Beef à la Mode  
Vegetable Gravy  
(in fireless cooker)  
Riced Potatoes  
Lima Beans  
Lettuce  
French Dressing  
Peach Sherbet

### Thursday.

#### BREAKFAST.

Uncooked Cereal with Berries  
Crisped Salt Pork with Cream Gravy  
Toast Strips Watercress  
Coffee

#### LUNCHEON.

Vegetable Salad Rolls  
Iced Chocolate Cup  
Moulded Cereal with Nuts

#### DINNER.

Fried Softshell Crabs  
Cold Sliced Beef  
Chutney Sauce  
Creamed Potatoes  
Baked Onions  
Egg Salad  
Squash Pie

### Friday.

#### BREAKFAST.

Sliced Peaches  
Meringue Cereal with Maple Sugar  
Calf's Liver with Bacon  
Blueberry Muffins  
Coffee

#### LUNCHEON.

Browned Hash with Green Peppers  
(last of beef)  
Buttered Toast Watermelon

#### DINNER.

Corn Chowder  
Fried Cold Steaks  
Parsley Potatoes  
Stuffed Tomato Salad  
Lemon Milk Jelly

### Saturday.

#### BREAKFAST.

Red Raspberries  
Uncooked Cereal  
Escalloped Cod (last night's dinner)  
Bath Buns  
Coffee

#### LUNCHEON.

Cheese Ramekins  
Olives  
Peach Tarts  
Iced Tea

#### DINNER.

Clam Broth (bottled extract)  
Veal Cutlet  
Tomato Sauce  
Riced Potatoes  
Chard  
Romaine Salad  
Chocolate Floating Island

### Sunday.

#### BREAKFAST.

Blueberries  
Curried Eggs on Toast  
Cereal Gems  
Coffee

#### LUNCHEON OR SUPPER.

Creamed Mushrooms in chafing dish  
Thin Bread and Butter  
Iced Turkish Coffee  
Jelly Roll

#### DINNER.

Clear Tomato Soup  
Broiled Chicken  
Potato Straws  
Corn Fritters  
Aspic Jelly Salad  
Junket Ice Cream  
Crushed Fruit Sauce